

# SoulStar



# Living



New Products ★ Astrology

Pro Readers ★ Online Classes

## Abraham Hicks

Virtual Conference, June 11

## How to stay centered in times of turmoil

Deep dive with  
Karen-Marie  
tales from a  
tea-leaf



**INSIDER INFO**  
on all things  
**Pisces**

**18** Powerful  
balancing  
products for  
anxiety relief

**Matias**  
de Stephano

REVEALS  
**600**  
MILLION YEAR OLD

History of  
Humanity

Crystal Warriors  
vs herbal Witches

# Guest Column

# Recycled Bikes

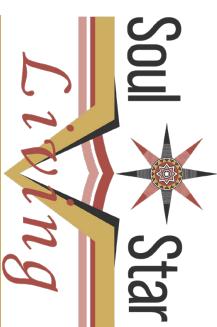
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## LETTER FROM THE EDITOR AJ Delisle Nature Remembers



Welcome to our 28th Issue of SoulStar Living! This magazine is a joy and privilege to work on. Every article and image is curated with the intent to communicate hope and deeper understanding so that readers may feel connected to a larger Truth

The theme for our Spring edition unanimously was voted on to be about **BALANCE** which is portrayed in our cover painting by Autumn Skye called the Middle Way. Her painting of this woman is intertwined with the natural forces - the dark and the light - and as she opens her heart a center of balance seems to help her find peace within.

Most magazines are trying to sell you surface comfort, we are offering you a window into your own soul. We stand by the axiom "Be the Star that you are". Indeed it is my deepest wish that something in here sparks your inner light! These pages are overflowing with great advice.

Beyond filling yourself up with positive information, a practice of healthy eating, meditation, and going out into nature on a regular basis is what you must do if you want to stay centered in these tumultuous times.

In peace and harmony, *Amanda Delisle*

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Cover Art  
The Middle Way  
by Autumn Skye

# 18 Powerful balancing products for anxiety relief



## 3. Salt Lamps

Scientifically proven to release negative ions, these magical lamps and candle holders have a myriad of health benefits. Some include increased healing, better sleep, clearing allergens out of the air, and dispelling negativity. Just one lamp will help purify your home! Cost \$40-\$85

## 8-13 Crystals & minerals

Made from pure quartz and formulated to ring in harmony with each chakra. When played your body absorbs these frequencies effortlessly and produces a coherency with the heart and mind. Our emotional state instantly improves easing anxiety and stress. Cost \$300-\$1200

## 2. Oracle Cards

Some sets of oracle cards will resonate more with you than others, but over all the oracle sets are more relaxing and easy to use than tarot

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cards. Oracles are stress free to use, you simply shuffle and pick one and use that for your inspiration and message for the day! Focusing on affirmations empower and enliven you, making life easier to manage! Cost \$25-\$35

## 14. Ritual Candles

Every witch and ritualist needs a supply of candles and holders to perform their ceremonies for protection, good luck, prosperity, fertility, friendship, romance, healing & relaxation. Cost \$1-\$5

**"When looking for products to ease your chaotic mind-scape, turn to these top 18 calming agents first, they'll do the trick!"**

## 15. Bath Salts

One of the best things for anxiety and stress relief is soaking in warm water, especially when it is fortified full of tumbled stones. These friends will give you the most bang for your buck for calming anxiety attacks. Cost \$1-\$5

## 4. Amethyst: Peace, Angels Support

5. Citrine: Personal Power, Joy

## 6. Amazonite: Speaking your truth

## 7. Black Tourmaline: Zap negativity

## 8. Adventurine: Health, Prosperity

## 9. Selenite: Alignment, Protection

## 10. Shungite: EMF, Longevity

## 11. Onyx: Strength, Grounding

## 12. Hematite: Balancing, Grounding

## 13. Moss Agate: Love, Connection

There are several sizes and scales to choose from. Cost \$120-\$800

## 17. Moonstone Jewelry

MOONSTONE is one of the most powerful crystals a woman can wear. It stands for new beginnings, protection, fertility, and syncs you with the natural rhythm of the moon cycles. Moonstone jewelry allows you to carry these centering balancing frequencies with you throughout your day. Cost \$40-\$150

## 18. Mala's

Mala's have become very popular as the meditation fashion style boomed.

This is wonderful since these beaded necklaces and bracelets resonate with the Buddhist principles and made with prayers and positive intentions that can be felt by the wearer. Cost \$25-75



by AJ Delisle